

# Warren SENTINEL

Fire dept. named  
"Best in AF"

Message from  
Gen. Lord

Australia builds  
memorial to  
90th Bomb Group





# Commentary

## Lessons learned at Walter Reed

**Tech Sgt. Steve Goetsch**  
*Public Affairs*

There is a terrible affliction that is affecting our Air Force. It is not life-threatening, nor can it be treated at the hospital. It can however, affect productivity and morale. I am referring to whining. I realized I was stricken about two years ago. A couple of months ago, I found a pretty effective cure.

I have been going through treatments for a bad back for more than two years. Matter of fact, I have been in and out of so many doctors' offices, I should receive frequent flyer miles.

During this period, I started feeling I was getting less-than-adequate medical care. Maybe it was the rescheduled appointments, the numerous prescriptions or the tedious waiting times at the hospital. It could have just been the frustration of being in pain for such a long period of time. Whatever the case, I was swimming in a very deep pool of my own pity.

During an extended training TDY, I was afforded the opportunity to see some physicians at one of the most prestigious medical facilities in the world, Walter Reed Medical Center.

I was ecstatic because I thought it was the kind of care I deserved and earned after almost 15 years of service. It was there that the whole game changed for me.

After navigating through the maze of corridors, I found my way to the pain management clinic and checked in. The waiting room was full, so I strolled down an adjacent hallway to pass the time. The clinic next to mine was physical therapy.

There standing in front of me were several amputees, working with their new prosthetic devices. Some of the amputees were biding their lengthy stays by taking walks and getting something from the snack bar or visiting with their fellow injured servicemen and women.

The amazing thing to me was these individuals were all smiling and upbeat. I thought to myself, "how can someone be happy after such terrible incident?" Maybe it was the satisfaction they received from making progress in their recovery, or just the simple fact that they were still alive. Could something that simple bring peace during such an awful

Lessons, page 3



## Hoops Shots

Last week saw an event that is one of the fun things a wing commander gets to do – hand out STEP promotions. We salute now **Tech Sgt. John McCallum** of the **Mighty Logistics Readiness Squadron** and now **Master Sgt. William Dunigan**, a **Mighty Maintainer** on their new ranks. You should have seen the surprised looks on their faces. Even more impressive was the incredible lengths these units went to distract everyone and come up with excuses for meetings until we could make the presentation – made the most complex military operation look simple. Even their spouses found ways to not let on the night before and be there to help put on the rank. Congratulations to them and to their supervisors who wrote and pushed their winning packages.

This week, I'd also like to highlight our **Mighty Legal Office**. They do an incredible job for this wing and our members from wills to victim assistance to discipline. December was a particularly busy month and so it seems appropriate to recognize the hard work of **Capt. Lance Wood**, **Capt. Harry Herrick** and **Tech Sgt. Dan Perge** for rising to the challenge. They were very well supported by the exceptional efforts of **Capt. Jedd Miloud**, **Capt. Karl Sandell**, **Master Sgt. Bernadette Hamilton**, **Tech Sgt. John Price**, **Tech Sgt. Ronnie Beharry**, **Ms. Deborah Morrison** and **Ms. Elaine Hart**. All have displayed great professional and positive attitudes in the face of a crushing workload.

You might have missed it in last week's paper because it was just one sentence among many in an article about our **Fire Department** – but what

a sentence it was. Our base Fire Department is now officially the **Best in Air Force!!** And I think by mentioning that in my column our terrific fire chief **John McDougall** has to buy doughnuts or something!

My wingman story this week is slightly different. Often we think of wingmen as stepping in to help out either when something goes wrong or preventing something worse from happening. But you can also be a wingman by just encouraging and recognizing those around you for something they've done. That's exactly what **Senior Master Sgt. Cliff Anderson** did when he sent a letter of appreciation to our **Mighty Medics** and specifically highlighted the work of **Maj. Patrick Mallory**, **Capt. Michael Zenk** and **1st Lt. Shari Lopez**. Of course, I'm proud of medics like these for providing caring and superb service to our troops but I'm also proud of Sergeant Anderson for taking the time to tell someone about it. His letter encourages them and others to continue to excel and to know their efforts are appreciated and recognized – and that's part of being a wingman too.

As I draft this column we're in the middle of a **Staff Assistance Visit** on the **Personnel Reliability Program** and so far everything is going great. A performance like this gives you a lot of confidence we're going to live up to the challenge that **NSI means No Second Inspection** and that we're treating the critical area of PRP in the right way. Remember to call in all medical appointments and visits all the time. Keep up the hard work and focus and we're going to do great!

-- Col Hoops

### Warren SENTINEL

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### On the cover...



Photo by Airman 1st Class Tessa Cubbon

**Airman 1st Class Billy Garcia** checks IDs at the front gate during Wednesday's fog.

# Commentary

## Commander's crosshairs: AFSPC priorities, mission success for 2005

**Gen. Lance W. Lord**  
*Air Force Space Command*

Beccy and I hope you and your family had a very relaxing and inspiring holiday season. We thank you and your families for your dedicated teamwork and service to our nation.

I congratulate every member of the Air Force Space Command family for our most successful year to date. As we prepare for another prosperous year in Air

Force Space Command, I think it is appropriate to set our priorities for the coming year.

In keeping with our motto, "Mission First, People Always," our major goal for Air Force Space Command remains unchanged: To Achieve Mission Success in Operations and Acquisitions.

We also remain driven by the transcending responsibility to provide for the: Professional Development of our People and Enhancing their Quality of Life.

We organize, train and equip our space and missile forces in a time of limited resources. Therefore, we must prioritize our efforts and ensure we are generating the capabilities and effects our nation and warfighters require. Here is our List of Priorities for 2005:

1. Continue our emphasis on ensuring space superiority and providing desired combat effects for joint warfighting.

2. Maintain a safe and secure strategic deterrent capability and provide means for prompt global strike.
3. Continue efforts to develop cost-effective assured access to space.

To achieve these priorities, we must continue to pursue the necessary transformational capabilities and effects and work ever diligently to expand and maintain effective partnerships throughout.

### Lessons From page 2

time in one's life?

The bravery exhibited by our servicemembers serving in hostile war zones has been well documented, but we can all learn something from their inspiring demeanor.

I was so impressed with all of these servicemen and women, it has given me a new attitude.

Life is not easy. It is even more difficult being in the military with long hours and family separations to deal with.

There are so many times when you could scream at the top of your lungs or even just throw your hands up and surrender, but the individuals I witnessed will inspire me and help

me to cope with all of life's challenges for the rest of my life.

Some people seem like they never have the ability to be happy.

It probably takes a lot of work and creativity to maintain such a negative attitude.

No matter where they are, it's the worst place to

be. No matter what they are doing, it's beneath them or they are being "picked on," or in my case, "why does this have to happen to me"?

When you have to work late, or the next time you are caught in traffic or someone takes the last parking spot from you, instead of yelling or throw-

ing a fit, think of those individuals who are facing daily challenges you or I cannot fathom.

It is easy to think the world is against you and nothing is going in your favor, but when you get a cheerful, "good morning" from a double amputee, it really puts it all into perspective.

### PEACE KEEPERS By A1C Nathaniel Turner, 90MMXS and A1C Richard Oliver, 90MMXS







## Briefs

### Public court-martial

Airman 1st Class Jamaal Avington is scheduled to be court-martialed on Thursday. He is accused of conspiracy, false official statement and burning with intent to defraud. Trials by court-martial are held in the base courtroom located in Building 232 on the second floor and are open to the public. If you have any questions, call the legal office at 773-2256.

### Recycling pick-up

Curbside recycling pick up for Carlin Heights will be Jan. 24. Collection days for Sergeant's Row and Atlas Housing will be Jan. 25. Collection days for Officer's Row and Capehart Housing will be Jan. 26.

Separate items collected into three bins: newspapers/magazines, aluminum/tin and plastics#1/#2. If you have questions, call the Warren Recycling Line at 773-4357.

### Anabolic Steroid Ban

On Oct. 22, 2004, President George W. Bush signed the Anabolic Steroid Control Act of 2004. This new law will take effect on Jan. 20. The law bans the use of androstenedione, commonly known as andro, without proper authorization.

On Jan. 20 it will be illegal to use, possess, sell or buy andro, even if purchased before Jan. 20. Violations of this law are covered under Article 112a of the Uniform Code of Military Justice. If you have any questions on the matter, contact the legal office at 773-2256.

### POW honor roll

The Sampson Air Force Base Association, Inc. would like to honor all former prisoners of war, missing in action and their dependants.

To submit a name to be recorded in the honor roll, mail a request to the Sampson Air Force Base Association, P.O. Box 331, Williamsville, NY, 14231-0331.

### Firing range off-limits

The outdoor firing range Building 1590, including the impact area to the north, is off-limits at all times to unauthorized personnel. Unauthorized entry is not only illegal, but also extremely dangerous.

If valid entry into the area is required, contact Combat Arms Training at 773-3560. After duty hours, contact the Security Forces Law Enforcement Desk at 773-3501.

# Not forgotten: Australian memorial recognizes 90th Bomb Group

## Airman 1st Class Tessa Cubbon *Public Affairs*

Citizens of Australia have erected two walls as memorials to the crew of a United States Air Force B-24 liberator, known as "Little Eva," and to the 90th Bomb Group.

The Doomadgee Memorial Wall and the Lockhart River Memorial Wall serve as reminder of the sacrifices of the lives lost.

The Lockhart River Memorial Wall stands as a memorial to the warriors of the 90th Bomb Group who served their nation during the struggle against the Japanese in the Pacific Theater during World War II.

The numerous B-24 Liberators of the 90th Bomb Group were involved in air battles, crashes, and incidents while staging from and recovering to Iron Range, a military installation in Australia during World War II.

Iron Range served as a vital strategic air base instrumental in the ultimate defeat of the Japanese empire.

Doomadgee Memorial honors "Little Eva" and her valiant crew.

"Little Eva," of the 321st Bomb Squadron, 90th Bomb Group, based at Iron Range, was returning from a bombing mission Dec. 2, 1942.

The B-24 piloted by Lt. Norman Crosson, became separated from the others and attempted to return towards the base at Iron Range.

The plane became caught in a

severe thunderstorm and drifted off course.

Its radio was disabled during the storm, and eventually the aircraft ran out of fuel.

Lieutenant Crosson ordered his crew of nine to bail out.

Six crewmembers parachuted safely.

Four crewmembers, who did not bail out, were presumed dead when the aircraft crashed at approximately 2:45 a.m. in the Moonlight Creek area north west of Burketown near the Gulf of Carpentaria coastline.

The wreckage was eventually found near Burriejella waterhole, Escott Station, Australia.

On Dec 14, 1942, the manager of Escott Station rescued two survivors, Lieutenant Norman Crosson and Sgt. Loy Wilson, 15 kilometers west of Burketown.

They had survived for 13 days after the crash with very little food and water.

The wreckage of "Little Eva" was located some 60 kilometers north-west of Escott station.

Their discovery started a search for other survivors that lasted for almost five months with the final rescue of Staff Sgt. Grady Gaston.

Those who lost their lives were Capt. John Geydos Jr., Lts. Arthur N. Speltz, Dale V. Grimes, and John D. Dyer; Staff Sgts. James B. Hilton and Charles B. Workman Jr., and Sgt. Loy L. Wilson.

Many crews paid the ultimate

## THOSE WHO LOST THEIR LIVES:

**CAPT. JOHN GEYDOS JR.**

**LT. ARTHUR N. SPELTZ**

**LT. DALE V. GRIMES**

**LT. JOHN D. DYER**

**STAFF SGT. JAMES B.**

**HILTON**

**STAFF SGT. CHARLES B.**

**WORKMAN JR.**

**SGT. LOY L. WILSON**

sacrifice by giving their lives in the service of their nation.

Over the past year, the 90th Space Wing has returned to the original colors and heraldry of the former World War II units to honor their history.

The teamwork they showed in fighting and winning World War II inspires us today in our mission of winning the Global War on Terrorism, and bridges the gap, through friendship, between two great generations.

# Drugs are bad, m'kay?

## Three of Warren learn the hard way

### Capt. Jedd Miloud *90th Space Wing, military justice chief*

On Nov. 18 and 19, 2004, in separate special courts-martial held on base, Airmen 1st Class Kandi McCain and Ciara Kordenat and Airman Heather Sachleben were all convicted of wrongful methamphetamine use and dereliction of Personal Reliability Program duties by failing to report taking an unauthorized over-the-counter drug.

Airman McCain was sentenced to a bad conduct discharge, six months confinement, forfeitures of \$795 pay per month for six months

and a reduction to E-1.

Airman Kordenat was sentenced to a bad conduct discharge, four months confinement and a reduction to E-1.

Airman Sachleben was sentenced to a bad conduct discharge, five months confinement and a reduction to E-1.

In testifying for the United States, Maj. John Seaberg, commander of the 790th Missile Security Forces Squadron, made it clear that maintaining discipline and PRP standards are vitally important to the wing's mission.

Cpts. Lance Wood and N. Harry Herrick from the 90th Space Wing Legal Office represented the United

States.

Capt. Joel England, the area defense counsel from the United States Air Force Academy, Colo., represented Airman McCain.

Capt. Matthew Cassell, the area defense counsel at Warren, represented Airman Kordenat.

Capt. Sterling Pendleton, the area defense counsel from Offutt Air Force Base, Neb., represented Airman Sachleben.

Trials by court-martial are open to the public.

Trials are held in the base courtroom located in Building 232 on the second floor.

If you have any questions, call the legal office at 773-2256.

# Events for African American History Month

## Today

The Martin Luther King Luncheon will be held today at 11:30 a.m. at the Trail's End Club. For members, the cost is \$9.40 and for non-members, the cost is \$11.40. For more information, call Tech. Sgt. Shonna Wright at 773-4583.

## Saturday

An African American History Expo will be held from 10 a.m. to 2 p.m. at the Trail's End Club. The cost is free.

A dominos, spades and pool tournament will be held Saturday from 3 p.m. to 8 p.m. at the Trail's End Club. The cost is free.

Join us Saturday night at the Trail's End Club for a Hip Hop Dance 9 p.m. to 2 a.m.

## Saturday, Jan. 22

Show off your skills at the Jazz Music and Open Mic Night at the Trail's End Club 6 to 8 p.m.

## Sunday, Jan. 30

Come to the base chapel and enjoy the Gospel Festival at 5 p.m.

## Tuesday, Feb. 1

Parents and their children are invited to the African American History Month Kids Event at the base youth center at 4 p.m.

## Thursday Feb. 24

The African American History Month Food Sampling will be held at the Logistics Readiness Squadron High Bay from 11 a.m. to 1 p.m.

## Saturday, Feb. 26

Come to the Trail's End Club at 7 p.m. for the African American History Month fashion show.

# Happy birthday, Dr. King

Article courtesy of the African American History Committee

Saturday marks the 76th anniversary of the birth of Dr. Martin Luther King Jr. He was born Jan. 15, 1929 in Atlanta.

He is the best-known leader of the Civil Rights Movement, which took place in the 1950s and 1960s. Dr. King embraced non-violent resistance as the best, most moral and most practical way to achieve social reform in the United States.

Dr. King was brought into the spotlight by his role in the Montgomery Bus Boycott of 1955. It was during this time as president of the Montgomery Improvement Association that he delivered his first civil rights address. The speech urged the boycotters to continue their fight for equal rights, which they did for 382 days.

In 1957, he formed the Southern Christian Leadership Conference. The goal of the SCLC was to end segregation. He toured the country, giving speeches and sermons attacking segregation, Birmingham, Ala., being the most segregated. Dr.

King marched in Alabama where he was jailed and wrote "Letter From a Birmingham Jail." Dr. King then became involved in a massive march on Washington.

The goal was to raise national consciousness about the Civil Rights Movement and to urge Congress to pass a civil rights bill that was coming up for a vote. Standing before 250,000 people Dr. King delivered his famous "I Have a Dream" speech in front of the Lincoln Memorial. The efforts of Dr. King and his fellow civil rights leaders culminated in the signing of the Civil Rights Act in 1964.

Dr. King's national and international prominence was confirmed when he became the first black American to be named Time magazine's "Man of the Year" and was awarded the Nobel Peace Prize in 1964.

In 1967 and 1968 he initiated the Poor People's Campaign. Again he organized a march on Washington to force the government to end poverty. He made a stop in Memphis, Tenn., to address local striking sanitation workers. Dr. King delivered his last



Courtesy Photo

speech, "I've Been to the Mountaintop," at the Mason Temple. On April 4, 1968, Dr. King was assassinated while he stood on a motel balcony.

Since 1986, the third Monday in January has been recognized as an official federal holiday, honoring the many contributions of Dr. King.

It is often looked upon as a day off but the real purpose is to give tribute to his philosophy and stature.

# Civil rights NAACP celebrates 100th Anniversary

Article courtesy of the African American History Month Committee

The Niagara Movement's manifesto is, in the words of Du Bois, "We want full manhood suffrage and we want it now. We are men! We want to be treated as men. And we shall win." The movement would be a forerunner of the NAACP.

In 1905, Du Bois and several other black supporters wishing to meet gathered at Niagara Falls on the Canadian side, since no hotel on the American side would allow them to register.

They drafted a list of demands that included an end to segregation and discrimination in unions, the courts, and public accommodations, as well as equality of economic and educational opportunity.

Although the Niagara movement attracted the attention of like-minded whites, it had little impact on legislative or popular opinion.

After race riots in Springfield, Ill., in 1909, a group of white progressives including the social worker Jane Ad-



Courtesy photo

Founders of the Niagara Movement pose in front of Niagara Falls.

dams, the philosopher John Dewey, the novelist William Dean Howells, and the editor Oswald Garrison Villard, a grandson of abolitionist William Lloyd Garrison formed the National Association for the Ad-

vancement of Colored People. They adopted many of the goals of the Niagara movement and hired its leader, Du Bois, as director of publicity and research, and editor of their journal, Crisis.



Full Page ad

Full Page ad





Photo by Airman 1st Class Tessa Cubbon

## THE VERDICT IS IN

Congratulations to Tech. Sergeant John McCallum, who was the recipient of one of two STEP Promotions Jan. 7.

# Electronic signatures made simple

## Air Force prohibits slogans, quotes, graphics in e-mail

Article courtesy of Air Force Space Command

Air Force Space Command has prohibited use of slogans, quotes and graphics in all e-mail correspondences.

An Air Force Space Command Informative C4 NOTAM was released

by the command's Network Operations and Security Center Dec. 1, 2004.

The NOTAM, AFSPC 2004-335-004, explains the prohibited use of slogans, quotes and graphics in electronic messages.

The NOTAM is effective immediately.

Many members have personalized their e-mails to reflect their personalities by using creative fonts and quotes, or sharing some of their own wisdom as tag lines in the e-mails they send.

However brilliant or enlightening, the use of slogans, quotes and graphics is prohibited.

The Air Force has released a revision to AFI 33-119, Air Force Messaging, paragraph 3.7 and 4.3, reiterating that users sending electronic messages via Air Force sys-

tems are prohibited from adding slogans, quotes, special backgrounds, special stationery, digital images, unusual fonts, graphics, logos, font signatures and clip-art routinely to their official or unofficial electronic messages.

All users must consider the professional image and conservation of Air Force network resources (bandwidth).

For more information on the policy, visit the Air Force publications page at <http://www.e-publishing.af.mil>.

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Full Page Ad







# Everyday heroes

## Warren's firefighters named best FD in AF

**Airman 1st Class Connor Elayan**  
*Public Affairs*

the award," said Chief McDougall.

Because Warren firefighter often work with local emergency response teams, they make it a priority to maintain a strong bond with the community.

"The feedback we get is always positive," said Master Sgt. Joe Walsh, fire department assistant chief of training. "No one is ever negative about the job we do."

Besides courage and bravery, our firefighters display professionalism and skill on a daily basis.

"They are dedicated professionals who share a common bond of sacrificing themselves to ensure the safety of others," said Sergeant Walsh. "When other folks are running out of hazardous environments, they are running in."

Although they serve our installation and the surrounding community with pride, their job can be very emotionally challenging.

"They understand firsthand all too well the price that is paid by the victims of these events," said Sergeant Walsh, "because through their eyes they have seen first hand the joy of healing a small child and the horror of discovering a deceased body from the wreckage of a 33-car pile up."

When not responding to calls, the firefighters spend much of their time in training.

They are trained on a multitude of tasks ranging from medical response and first aid to mobility and hazardous material.

"Even though we are a small fire department, we are still required to maintain Air Force standards," said Sergeant Walsh.

Members of Warren's Fire Department will go to Bolling Air Force Base in February to formally receive their trophy.

"I am extremely proud of our fire department," said Colonel Ballard. "They are everyday heroes."

They serve our installation and our community.

Their core tasks include selflessness and bravery.

They put the lives of strangers before their own.

They demonstrate professionalism and courage on a daily basis.

And now, they are getting the credit they deserve.

Warren's Fire Department has won the prestigious Chief Master Sgt. Ralph E. Sanborn Award, earning them the title of "Best Fire Department in the Air Force."

Warren's finest competed against the best fire departments in each MAJCOM in categories such as customer service, innovativeness and quality of life initiatives.

This is the first time in 10 years that our firefighters brought home this award. As it is more common for larger installations to win the award, the win for Warren is even more impressive.

"Typically larger installations have been very successful," said Chief John McDougall, Warren's fire chief. "Because they have such a large mission, they can put the big numbers on paper."

The fact that Warren does not have a flying mission also adds significance of winning the award.

"The fact that Warren won without a flying mission is incredible, to say the least," said Lt. Col. Joe Ballard, 90th Civil Engineer Squadron commander.

One of the key factors in their win is their participation in mutual aid agreements with local emergency response teams.

"The fact that we are involved in the community and we respond off base had a lot to do with winning



Recently named best fire department in the Air Force, Warren's finest train for fire ground operations at the base live fire training facility Thursday.



Photos by Airman 1st Class Tessa Cubbon



# The resolution solution:

## Five tools to make keeping New Year's resolutions easier

**Matt Cox**  
*90th Communications Squadron*

It's that time of year again when people start planning how to improve themselves during the next 365 days.

It's an annual rite of passage for millions of people: the New Year's resolution.

Making goals is hardly the difficult part. It's sticking with them after the ball drops that's so challenging. For many, the problem stems from painting their future with too broad a brush.

Instead of picking one or two attainable goals, most people stretch too far and gather a grab bag of personal shortcomings they aim to tackle in the next year.

A far better solution to haphazardly engaging every fault you see in yourself is to step back and take a personal inventory.

Decide which parts of yourself deserve immediate attention, and discard those issues that slide to the bottom of your list.

When you focus on one or two important goals – instead of coralling many less important ones – you eliminate clutter and define your objective.

If you're not sure where to start, here are five tools to help you achieve your goals in 2005:

- **Write it down** – The exercise of writing your resolutions down on paper acts as a filter.

It eliminates the items of less importance, while preserving those of value.

Begin by creating two columns: One titled "priority" and one titled "back-burner."

Use the "priority" column to list the most important issues you have failed to act on during the past year. It should include the issues that seem to constantly weigh on your mind, such as: losing weight, quitting smoking or drinking.

Use the "back-burner" column to list the less important issues that don't need your immediate attention, such as traveling more and updating your wardrobe.

After you do this, it will become clear where your priorities stand.

- **Set deadlines** – Goals get accomplished gradually, not overnight; so it's important to set benchmarks for yourself. Grab a calendar and mark down the dates that you want to have portions of your goal accomplished by, and

stick with it.

Remember, your resolution isn't carved in stone: it's negotiable.

- **Start now** – Don't procrastinate. That's what got you here in the first place. If your goal includes losing weight, join a health club.

- **Record progress** – Once you've started your goal, keep track of your efforts. Many people often find themselves "bogged down" after just a few weeks. But, if you find time to record your progress, recognize your failures and reward your successes, you'll remain confident throughout the process.

- **Celebrate success** – When chasing a goal, many people lose sight of the trees through the forest. This means most people get so caught up in the logistics of the goal, they forget why they are doing it to begin with: to improve their lives.

To avoid the pitfalls of losing interest, or procrastinating (again), take time to celebrate your achievements along the way.

Reaching a meaningful goal can't be accomplished overnight; it takes time.

But remember, it's very important to reward yourself for how far you've come.

**YOU THINK YOU'RE THE ONLY ONE WHO HAS HAD TROUBLE KEEPING A NEW YEAR'S RESOLUTION? THINK AGAIN.**

- **63 PERCENT OF PEOPLE CONTINUE TO KEEP THEIR RESOLUTIONS AFTER TWO MONTHS.**

- **67 PERCENT OF PEOPLE MAKE THREE OR MORE RESOLUTIONS.**

- **TOP FOUR RESOLUTIONS: EXERCISE MORE. IMPROVE JOB OR SCHOOL PERFORMANCE. EAT HEALTHIER. STOP SMOKING OR DRINKING.**

6 by 6





Photos by Airman 1st Class Tessa Cubbon

# Missile cops duel



790th Missile Security Forces Squadron, team A crushes 790th MSFS B, 67-17, during Tuesday's game.

## Youth bowling scores

To sign your child up for youth bowling, call Agnes Colvin at 773-5172

Little Pee Wee's Ages 3-5  
Ryan Komm 79 game 25 pins above average  
Jordan Punahale 93 game 41 pins above average

Pee Wee's Ages 4-6  
Heather Simon 71 game 36 pins above average  
Madison Murra 82 game 35 pins above average

Bantam-Preps  
Dylan Biasini  
Kekai Punahale  
Bryan DeVore  
Katelyn Crocker

523 high series handicap  
552 high series handicap  
190 high game handicap  
198 high game handicap

Junior-Majors  
Jason Price  
Leah Anderson  
Shaun Pushcar  
Kristin Hereford

748 high series handicap  
610 high series handicap  
264 high game handicap  
223 high game handicap

# TMO Airman goes from beaches to mountains

## Credits AF for life opportunities

**Airman 1st Class Lauren Sixbey**  
*Public Affairs*

Near the back of the 90th Logistic Support Squadron building sits an Airman who, with quiet modesty, glues the connection between Warren members PCSing and the commercial carriers who will transport their most treasured possessions to their new homes.

Twenty-one year old Airman 1st Class Christopher Dillard spends his days working in the customer service section of the Traffic Management Office.

"I'm a people person," said Airman Dillard in his subtle Southern accent. "But, the people I work with make the job better."

Before enlisting nearly two years ago on Feb. 18, 2003, Airman Dillard worked for a supermarket chain in his hometown of Bradenton, Fla.

"I looked at my life, it wasn't going anywhere," he said. "I couldn't afford college and I had always had the dream of getting into the Air Force."

Though in high school, Airman Dillard debated joining the Army. Now he's glad that he's in the Air Force.

Warren wasn't his first base of

choice, however. "My first thought was, where in the world is F. E. Warren?" However, he decided to make the best of it.

Far from the tropical weather he was used to in Florida, Airman Dillard has become an avid snowboarder. Most of his trips are with the 90th Services Squadron Outdoor Recreation. He travels all over the front range with ODR and is looking forward to SnoFest in February.

Here, he is also involved in an Airman's bible study with Chaplain (Maj.) Frederick Viccellio.

"We meet every Thursday and have dinner and study," he said. "I've met a lot of great people through bible study."

With four years left on a six-year contract, his options are wide open for what he'll do afterward. He thinks about making it a career, possibly by going to college and getting a commission as an officer.

Wherever Airman Dillard's journey takes him, he's grateful for the opportunities the Air Force has presented him.

If you're interested in joining Airman Dillard and Chaplain Viccellio for their weekly bible study, call the Base Chapel at 773-3434.



Photo by Airman 1st Class Lauren Sixbey

This page is reserved for outstanding Warren members who wouldn't normally get the recognition they deserve.

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**Club deals up Texas Hold'em**

Play Texas Hold'em poker Jan. 22, 2 p.m. at the Trail's End Club. All entrants will receive \$20,000 in Club Bucks.

Top five players will receive AAFES gift certificates as prizes. Blinds start at \$100 and increase every 30 minutes.

Blinds are to the left of dealer and rotate, as does the dealer. Sign up by today.

The cost to members is \$15 and non-members is \$20.

If you wait until the day of the Hold'em, the fees will be members - \$20 and non-members - \$25. Must be at least 18 years old to play.

Call 773-3048 for more information.

**Sundays are Family Days at Chadwell Dining Facility**

Chadwell Dining Facility hosts Family Day every Sunday, noon - 1 p.m.

All active duty members may bring their family members with military ID cards

to dine.

Also invited are family members of the deployed.

Call 773-3838 for more information.

**Treasure hunting in the Rocky Mountains**

Outdoor Recreation has planned a treasure hunting and showshoeing adventure into Rocky Mountain National Park for Jan. 29.

The trip will depart at 7 a.m. and is scheduled to return by 7 p.m.

Trip includes transportation and equipment (snowshoes and GPS).

Bring water, sack lunch, layers of clothes. The cost is \$15 per person. Call 773-2988 for more information.

**Colorado Eagles pro hockey discount tickets on sale**

Military discounted tickets to the Colorado Eagles professional hockey games are on sale now for Jan. 22 and March 12.

Tickets are \$16 each. Games start at 7:05 p.m. at the Budweiser Events Center.

These discount ticket are on sale only at Outdoor Recreation while they last or until the Tuesday prior to game day.

Call 773-2988 for more information.

**MLK bowling special at Warren Lanes**

Warren Lanes bowling center will be open Martin Luther King Jr. Day with a bowling special.

Bowl Monday from 11 a.m. to 5 p.m. for \$5 per hour and pay 50 cents for shoe rental.

For more information, call 773-2210.

**Super Bowl party at the club!**

Everyone is invited to join the fun at the Super Bowl XXXIX Party Feb. 6 at the Trail's End Club.

The doors open at 1 p.m. and the game begins at 4:25 p.m.

This Football Frenzy party includes prizes, food and half time games of skill. There is no cover charge and club members and non-members are welcome.

The Football Frenzy X Box will be given away to a club member present.

For more information, call the club at 773-3048.

**Base library offers children's story hour**

Parents can bring their children to the base library for story hours every Friday, 11 a.m.

Today, we will be celebrating Family Fit Lifestyle Month. Stories about fun with family and playing will be read. The craft is to make a jump rope.

Jan. 21, we will celebrate Walk Your Pet Month. Dog stories will be read and participants can make a Clifford the Big Red Dog craft.

Jan. 28, we will celebrate National Get Organized Month. Stories about chores and cleaning the bedroom will be read.

The craft is to make a puzzle, as Jan 29 is National Puzzle Day.

Children's story hours are sponsored in part by National Property Inspections. No federal endorsement of sponsor intended.

For more information, call 773-3416.

**Ladies night out**

It's Ladies Night Out when Outdoor Recreation takes a trip to Greeley Colo.

See The Full Monty at the Union Colony Civic Center March 12 at 8 p.m. The cost is \$35 and includes ticket, drinks, hors d'oeuvres and transportation. Sign up by is Feb. 1.

Call ODR at 773-2988 for more information.

**Parent and Child Exercise Area now open in Freedom Hall**

The exercise room is open so parents may exercise while watching their children in the children's play area. It is equipped with various workout equipment and children's toys. Parents are asked to sign up at the front desk and respect all rules of use.

Hours are Mondays through Fridays, 5 a.m. to 10 p.m. and Saturdays, Sundays and holidays, 9 a.m. to 5 p.m.

6 by 6

# The Sentinel staff wants to know ... How are we doing?

Each year, we make changes to the paper based on your inputs. Please check one response for questions 1 through 9. Please return the survey to the public affairs office by close of business Jan. 31.

1. How often do you read the **Warren Sentinel**?

Every week      Every two weeks      Once a month      Once every six month      Never

2. Does the **Warren Sentinel** cover the mission adequately?

Always      Most of the time      Sometimes      Rarely      Never

3. Does the **Warren Sentinel** cover Warren people adequately?

Always      Most of the time      Sometimes      Rarely      Never

4. Does the **Warren Sentinel** cover Warren units adequately?

Always      Most of the time      Sometimes      Rarely      Never

5. Does the newspaper print enough photographs?

Always      Most of the time      Sometimes      Rarely      Never

6. Does the newspaper print enough Space Command news?

Always      Most of the time      Sometimes      Rarely      Never

7. Do you read the *Peacekeeper Comic*?

Always      Most of the time      Sometimes      Rarely      Never

8. Should the Warren Sentinel run member obituaries?

Yes      No

9. Should the Warren Sentinel be delivered to dorms/base housing?

Yes      No

Please check all that apply.

10. Why do you read the newspaper?

News      Sports      Features      Commentary      Action Line      Comic      People

11. What can we do to improve the **Warren Sentinel**?

## Did you know?

All Warren personnel have a responsibility toward the Personal Reliability Program, whether or not they are on the program themselves. If you aren't on PRP, be a good wingman and go that extra mile to help monitor reliability - remind friends to report any involvement with law enforcement, on- or off-base medical treatment, or anything else that might bring their reliability into question.

All security investigations must be current within the last five years.

All PRP personnel are required to submit for a periodic

re-investigation no later than the 54-month point.

If you think you may be approaching your deadline, contact your unit PRP monitor or security manager as soon as possible.

Your help in ensuring that all flight members accurately answer the "Five Questions of Death" prior to departing to the field will keep the 90th Space Wing's PRP program running smoothly.

If anyone from your flight inaccurately answers one of the questions, report it immediately to your supervisor.

The questions are:

1. Have you seen a physician, medical technician, practitioner,

dentist, chiropractor, counselor or hypnotist?

2. Are you taking or have you taken any prescription or over-the-counter medication?

3. Have you had any adverse reactions from OTC medications since your last duty day or taken an OTC medication for the first time within the last twelve hours? Have you taken any OTC medications within the last 12 hours that cause drowsiness?

4. Have you experienced any relationship/financial difficulties?

5. Have you had any legal issues, arrests, tickets, etc.?





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